



Situational (Selective) Mutism

Cambridgeshire & Peterborough Selective Mutism Pathway



Introduction to Selective/Situational Mutism

Introduction to Pilot and Pathway

Next steps

Situational (Selective) Mutism

WANT to speak but are unable to

Become afraid of the act of speaking and people hearing their voice

In time, learn to avoid distress by avoiding speaking

It can go beyond not speaking to include non-verbal communication



Context of Pathway and updates

- . Original working group was put together 2021/22 with the final meeting of the project group in September 2022.
- . The aim of the project was to put together guidance and a framework for Situational (Selective) Mutism. From the project group a framework was created, with the aim to disseminate as widely as possible.
- . For everyone working with children and young people to have seen the generic training so that they recognise Situational (Selective) Mutism and are able to appropriately support from the time it is recognised.
- . In August 2023, the framework was updated by health and education professionals within Cambridgeshire and Peterborough. In response to feedback received the original flow chart has been adapted and streamlined to ensure that it is easy to follow and offers clear guidance on how to support a child or young person with Situational (Selective) Mutism. Further links have been added to support settings if they have additional concerns.

Cambridgeshire and Peterborough Situational (Selective) Mutism Framework

Microsoft PowerPoint - Situational Mutism Framework_Cambri... 1 / 1 | 80%

Cambridgeshire and Peterborough Situational Mutism Framework: August 2023

What should I do if I (or my child's school/setting) think my child may have situational mutism?

Discuss your concerns with your child's school/setting, involving the SENCo. Where concerns about situational mutism are shared, check the school are aware of this pathway, and then...

Parents and school/setting access online universal training, and implement advice for 6 weeks
<https://vimeo.com/641208457/deafc4a032>

Has there been satisfactory progress?
(improved social interactions and continuing verbal and non-verbal progress in a range of locations and with a range of people)

YES
SENCo review termly

NO
SENCo, teacher & parents to plan and implement a 'small steps' intervention based on these videos:
Local 1 hour talk: <https://vimeo.com/683714697/29799a2845>
Videos and notes on how to carry out a small steps plan:
<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/selective-mutism/>

If you have additional concerns about **neurodevelopmental difficulties:**
For **primary school age** children in **Cambridgeshire**, go to:
<https://bit.ly/commpaeds-howtorefer>
For (1) **primary school age** children in **Peterborough**, and (2) **secondary school age** children in either **Cambridgeshire and Peterborough**, go to:
bit.ly/camh-neurodev-referrals
(referrals must be made by a professional)

If you have additional concerns about **anxiety and/or any other mental health need**, go to:
www.cpft.nhs.uk/youunited
(referrals must be made by a professional)

If you have additional concerns about **speech & language development**, go to:
bit.ly/sltcamb-s-howtorefer

<https://healthyschoolscp.org.uk/mental-health-and-emotional-well-being/supporting-young-people-with-situational-selective-mutism/>

Next Steps

- . Training**
- . Hubs**
- . Further support**
- . Survey**